Monday, July 14, 2014

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Summertime is salad time

Lighten up with a tasty Thai beef salad or a cabbage mango slaw PAGE 11

So long, Sir John Carling

Hundreds come out to watch demolition of federal building PAGE 3

BREAKING BAD WITHDRAWAL? YOU'D BETTER CALL SAUL

WILL A SPINOFF PREQUEL STARRING BOB ODENKIRK GIVE FANS THEIR FIX? PAGE 8

MANNSCHAFT'S BIG SCORE

Germany's Bastian Schweinsteiger holds up the World Cup trophy as the team celebrates their 1-0 victory over Argentina at the Maracana Stadium in Rio de Janeiro, Brazil, on Sunday. Story, page 14.

FELIPE DANA/THE ASSOCIATED PRESS

That's a wrap: Bluesfest hits new record

Twentieth year. Ten days, 200 bands, five stages, 300,000 people

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RBC's Ottawa Bluesfest closed out its 20th year on Sunday night by setting yet another attendance record.

This year, an estimated 300,000 fans visited LeBreton Flats to see concerts by 200 bands and musical artists — but in the end, it was appearances by headlining acts Lady Gaga, Blake Shelton, Snoop Dogg and The Killers that pushed the total attendance to record levels.

Official numbers for the 10-day festival will be released by organizers in a couple of weeks.

Something about a reconfigured stage layout (to relieve congestion down the middle) and a plethora of nostalgic events (to mark the festival's 20th) helped improve the experience this year, said Bluesfest executive artistic director Mark Monahan.

"The 20th anniversary celebrations were well received by the fans because almost everyone has a favourite Bluesfest memory," he said.

For Monahan, Sunday's closing night with the Sam Roberts Band playing the festival out was full of mixed feelings.

"There's a certain exhaustion after 10 days of working non-stop and a sense of accomplishment that we made it through," he said. "But I'm also disappointed that it's all over, that we're done with that one, now let's get on with the next."

The festival saw a little bit of everything for almost every kind of music fan. There was a bit of blues, courtesy of Canadian badass Matt Andersen, some funk from Toronto's The Digs and even some Chinese Reggae thrown down by Long Shen Dao.

"I'm not sure if I'll still be with Bluesfest 20 years from now, but I sure want to try," added Monahan.

Quoted

"Everyone has a favourite Bluesfest memory."

Bluesfest executive artistic director Mark Monahan

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Bus crash

City to retire route 76 in honour of those killed

Ottawa will retire bus route 76 to commemorate six people who died in a tragic Via Rail-bus collision in Barrhaven last September.

In a memo, Mayor Jim Watson says a plaque will also be installed to honour those killed in the crash. Flags at city facilities will be flown at half-staff on Sept. 18, the one-year anniversary of the collision.

Watson said he has been talking with the families of those who died about creating a "lasting memorial." METRO

Trial

Man found guilty of terrorism-related charges

Former Ottawa hospital technician Misbahuddin Ahmed has been found guilty of two terrorism-related charges but has been acquitted on a third, more serious count.

Ahmed was convicted of conspiring to knowingly facilitate a terrorist activity and participation in the activities of a terrorist group.

The 30-year-old was found not guilty of possession of explosives with intent to do harm.

Ahmed faced a maximum sentence of 14 years in prison on the conspiracy charge and life in prison for the explosive device count. METRO

The Sir John Carling building implodes as it is demolished in Ottawa on Sunday. The former headquarters of Agriculture and Agri-Food Canada at 930 Carling Ave., completed in 1967, is being demolished at a cost of $4.8 million. THE CANADIAN PRESS

Hundreds turn out to see building implode

Sir John Carling. One man joined to watch his old workplace crumble

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It didn't take long for demolition crews to take down the Sir John Carling building Sunday morning — about seven seconds actually.

Hundreds of people gathered outside the safety perimeter at 930 Carling Ave. at 7 a.m. Sunday to watch the $4.8-million demolition.

One of the spectators had historic ties to the 11-storey building that became home to Agriculture and Agri-Food Canada in 1967.

Retired public servant Len Heitin spent many days in the building when he worked for the Department of Agriculture (now Agriculture Canada) in 1967, and then again in the early '70s.

The 74-year-old Stittsville resident watched his former office implode from the outdoor deck of the Baja Grill restaurant at Dow's Lake Pavilion.

"I came to Ottawa in September 1967, (and) the building was already open," said Heitin, who worked there until the following spring, when he was transferred.

"Then I came back and worked (at the Sir John Carling building) again from 1971 until 1973."

WITH FILES FROM MIKE CARROCCETTO/FOR METRO

Suspect in fatal prom night stabbing arrested in Toronto

Danny Volpi says his son can rest in peace following the arrest of the lead suspect in his prom-night killing.

Devontay Hackett, 18, was arrested in Toronto at around 2:30 p.m. on Friday following a month-long Canada-wide warrant for his arrest.

He was wanted on a second-degree murder charge for the death of Brandon Volpi, who was also 18.

Hackett appeared in court over the weekend.

"It doesn't bring my son back, but at least now he's crossed over," said Danny Volpi. The "frustrating" month of waiting for Hackett's arrest is over, he said.

Devontay Hackett CONTRIBUTED

"My son can now rest in peace. The family can move on and just cherish his memories," he said.

Brandon was stabbed in the neck and chest during a prom after-party brawl at Les Suites Hotel during the early hours of June 7. He later died in hospital.

The fight involved about 20 people.

Friends and family have said Volpi — who his father describes as a "gentle giant" — stepped in to help someone else. But there have been different accounts of what happened and what led to the fight.

Hackett had been in hiding since the incident.

He has yet to be tried in court but is due to appear by video on Saturday.

Ottawa police would not speculate on why Hackett went to Toronto, as that's part of the ongoing investigation. LUCY SCHOLEY/METRO

Hang Up Help Out. Pop-up event to collect clothes for homeless

Local event co-ordinator Catherine Landry, no stranger to startups, is launching the city's first Hang Up Help Out, a clothing donation event for the homeless.

Landry is the mastermind behind Cherry Pie Events and the women's networking event Ladies Who Lunch.

Her latest idea occurred to her when she came across a Facebook post about a similar event in South Africa. Once she had the plan, Landry reached out to the community for support, and the response was overwhelming.

"It was incredible," she said. "Everything's just happened really quickly, really organically and really kindly."

The event will be accepting gently used and clean clothing, bedding and fully packaged toothpaste and shampoo.

The event will take place on July 27 in downtown Ottawa from 12 to 5 p.m. at Kania Studio & Boutique on 145 York St. and Bells Corners Zolas Restaurant on 2194 Robertson Rd.

In Barrhaven, the event runs from 10 a.m. to 2 p.m. at Stronger You on 3570 Strandherd Dr. AMY YEE/FOR METRO

Casualties mount over weekend as Ukraine continues assault

Under siege. Military uses airstrikes, artillery fire to battle pro-Russian insurgency in the east

A man looks out the window of his apartment, damaged by shelling, in Slovyansk, eastern Ukraine on Sunday. EVGENIY MALOLETKA/THE ASSOCIATED PRESS

Russia's foreign ministry said Sunday that a Ukrainian shell hit a Russian border town, killing one person and seriously injuring two others. Ukraine denied firing a shell into Russian territory.

President Vladimir Putin expressed "grave concern" over the incident, Russian news agencies quoted his spokesman as saying. A statement from Russia's foreign ministry labelled the event a "provocation" and warned of the possibility of "irreversible consequences, the responsibility for which lies on the Ukrainian side."

Russia said the shell hit the courtyard of a residential building in the Russian town of Donetsk — near the Ukrainian city of the same name that has become a rebel stronghold — early on Sunday. Ukraine's restless east has been mired in a pro-Russian separatist insurgency against the Kyiv government.

Ukrainian officials denied that any Ukrainian shells had fallen on Russian territory. Andriy Lysenko, a spokesman for Ukraine's National Security and Defence Council, placed blame for the attack on the rebels themselves.

Ukraine's Donetsk, where rebels have gathered to regroup after a major Ukrainian offensive last week, was quiet on Sunday. But some 150 people from the settlement of Maryinka, on the outskirts of the city, were moving into dormitories at a local university after their homes were bombarded during the night.

Artillery fire in Maryinka late on Friday left at least four people dead, but the number of casualties in the latest bombing was unclear.

Ukrainian defence officials said Sunday that the air force had performed 16 sorties and carried out five airstrikes on rebel positions over Saturday.

Interfax-Ukraine cited Lysenko on Sunday as saying that several dozen rebels had been killed and rocket launchers and armoured vehicles destroyed in the attacks. He also said that seven servicemen had been killed and 30 wounded in the past day.

THE ASSOCIATED PRESS

Quoted

"We were bombed so terribly.... They blew up our houses."

Refugee Svetlana Panteleyeva, one of 150 people forced to move into the dormitories of Donetsk University early Sunday morning after their homes in Maryinka were bombarded

Quebec announces additional $60 million for Lac-Mégantic

This July 6, 2013 file photo shows smoke rising from railway cars carrying crude oil after derailing in downtown Lac-Mégantic, Quebec. THE ASSOCIATED PRESS

Quebec is granting an additional $60 million to compensate victims of last year's catastrophic train derailment in Lac-Mégantic, which left 47 people dead.

Municipal Affairs Minister Pierre Moreau told a news conference that $37 million of the amount would go to the owners of businesses in the disaster area.

A large swath of Lac-Mégantic's downtown was destroyed when a runaway train loaded with volatile fuel oil jumped the tracks and exploded.

The government says it heard the complaints of those affected by the disaster in the town of 6,000 and wanted to bring some balance to the treatment of their cases.

Business owners had complained they weren't getting help fast enough.

Moreau says there will be meetings this week with 37 business owners and that the compensation is available now.

There will be incentives offered to owners who want to rebuild their businesses in Lac-Mégantic.

Moreau says if they wish to leave the area, they will be compensated for their sites based on fair market value. To this day, much of the damaged downtown remains off-limits as decontamination work continues.

THE CANADIAN PRESS

Battle over safety regulations

A string of fiery train derailments has triggered a high-stakes and behind-the-scenes campaign to shape how government responds to calls for tighter safety rules.

- Billions of dollars are riding on how these rules are written, and lobbyists from the railroads, tank car manufacturers and the oil, ethanol and chemical industries have met more than a dozen times since mid-May 2014 with officials at the White House and the U.S. Pipeline and Hazardous Materials Safety Administration. Their universal message: don't make us pay for increased safety — that's another industry's problem.

Costa Concordia to be towed from island

This 2012 file photo shows the luxury cruise ship Costa Concordia leaning on its side after running aground on the tiny Tuscan island of Giglio, Italy. Franco Gabrielli, who heads the Civil Protection Department overseeing the wreck's removal, told reporters on Giglio Island on Sunday that weather conditions are good enough to permit the start of operations to re-float and tow the Concordia to Genoa on the mainland for scrapping. He also promised that a search will be conducted for the only unrecovered body of the 32 Costa Concordia shipwreck victims. GREGORIO BORGIA/THE ASSOCIATED PRESS

Colorado

Lightning responsible for two separate deaths over weekend in national park

For the second day in a row, lightning has been blamed in the death of a visitor to Colorado's Rocky Mountain National Park.

Park spokeswoman Kyle Patterson says officials were notified Saturday of four people being struck by lightning near Trail Ridge Road.

The four were rushed to hospital, but 52-year-old Gregory Cardwell of Scottsbluff, Neb., died of his injures.

On Friday, park officials said lightning killed one woman, 42-year-old Rebecca R. Teilhet, and injured seven other people. That also occurred near Trail Ridge, which is the highest continuously paved road in the United States. THE ASSOCIATED PRESS

Military targets. Most Palestinian casualties in recent days were civilians

The target was the Gaza police chief. He survived the Israeli airstrike on a cousin's home with critical injuries, but 18 family members were killed, including five children and teens.

The weekend attack highlighted Israel's broad definition of military targets in its current offensive against the Islamic militant group Hamas. The army says those targets include senior Hamas activists and their homes, even as it insists it is doing the utmost to spare bystanders by warning them to clear out.

However, the UN Office for Humanitarian Affairs said Sunday that civilians made up the majority of Palestinian casualties over the past six days — 133 of 168 killed and nearly half of more than 1,100 wounded. A human-rights researcher said some of Israel's strikes appear to have violated rules of war.

The issue of Israel's targets cuts to the core of conflicting narratives.

Smoke rises following an Israeli strike on Gaza, seen Sunday. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Palestinians — and not just those loyal to Hamas — say Israel is punishing all of Gaza's 1.7 million people and is killing civilians with impunity.

Israel has portrayed its offensive against Hamas as self-defence, saying it is trying to halt the group's rocket attacks on Israeli communities. Gaza militants have fired more than 800 rockets over the past week. THE ASSOCIATED PRESS

Germany

Police let anti-Israel protester use megaphone

German police allowed an anti-Israel protester to climb inside a police car and shout slogans including "child murderer Israel" through a police megaphone, a spokeswoman for Frankfurt's police said Sunday. Police let the protester use the megaphone during a Free Gaza demonstration Saturday because he had offered to calm down a protest that had turned violent, she said. THE ASSOCIATED PRESS

France

Protesters try to force way into Paris synagogue

Pro-Palestinian protesters tried to force their way into a Paris synagogue Sunday with bats and chairs, then fought with security officers who blocked their way, according to police and a witness. Some 150 people were inside for a ceremony honouring three Israeli teens recently killed, said Aline Le Bail-Kremer, who watched the conflict from her window across the street. THE ASSOCIATED PRESS

An Israeli armoured personnel carrier drives along the Israel and Gaza border Sunday. TSAFRIR ABAYOV/THE ASSOCIATED PRESS

No sign of ceasefire days into offensive

Gaza Strip conflict. Thousands flee homes amid bombings as Israel prepares possible ground invasion

Thousands of Palestinian residents of the northern Gaza Strip fled their homes on Sunday and sought safety in UN shelters, heeding warnings from the Israeli military about impending plans to bomb the area in the sixth day of an offensive against Hamas that has killed more than 160 people.

The fighting showed no signs of slowing, despite international calls for a ceasefire and growing concerns about the mounting civilian death toll in Gaza. U.S. Secretary of State John Kerry spoke to Israeli Prime Minister Benjamin Netanyahu and voiced "readiness" to help restore calm, while Egypt, a key mediator between Israel and Hamas, continued to work behind the scenes.

Amid the diplomacy, Israel said it was pushing forward with preparations for a possible ground invasion of Gaza. Thousands of troops have massed along the border in recent days.

"We don't know when the operation will end," Netanyahu told his cabinet on Sunday. "It might take a long time." THE ASSOCIATED PRESS

Harper weighs in

Terrorists are deliberately placing people in the path of an Israeli offensive aimed at stopping rocket attacks from Gaza, attests Prime Minister Stephen Harper.

- Harper says there is evidence that Hamas is using human shields. THE CANADIAN PRESS

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Can BlackBerry rise from the ashes?

HOW TO ROLL
Alison Griffiths
metronews.ca

Is the BlackBerry phoenix rising from the ashes — or perhaps is the recent show of share-price strength merely a puff of smoke from a dying fire? The five-year high of $12.01 on July 5 gave investors renewed hope that there may be life left in Canada's once-favourite tech stock.

Just to recap (while rubbing salt in the wounds of those who bought BlackBerry in the pre-recession years and still own it), the cellphone maker was trading at $148 in mid-2008. Five years later, it had slid to just over six bucks.

If you look at a short-term chart, it has been a jolly though volatile ride to a nearly 50 per cent increase in the past year. BlackBerry is also outperforming Google, Samsung and the Nasdaq itself in the first half of 2014. Bully for those who took the chance last summer.

Future on hold

3.8%

BlackBerry had 43 per cent of the U.S. cellphone market in 2010. Today's market share: 3.8 per cent.

But back to the smouldering ruins of this formerly great company. Is there any real reason to buy now or, for that matter, to hold? The latter is a particularly important question for investors who have made a nice gain in the last few months.

If there is hope for BlackBerry, it likely lies in one place: software.

Wait a minute! BlackBerry's claim to fame has always been hardware, the phone that U.S. President Barack Obama loves.

But all of BlackBerry's post-recession failures have been in hardware. From last year's delayed Z10 phone to the PlayBook tablet all the way back to the Bold phone — which the iPhone quickly stomped into oblivion — it has been hardware that keeps tripping up BlackBerry.

Though the new, very square (literally) BlackBerry Passport smartphone is launching in September, CEO John Chen is racing to dominate the Internet of Things with software that will seamlessly connect your entire life to the Internet. He has made a number of moves in that direction since taking over the helm last November.

Aside from anything else, if Chen is even marginally successful and manages to staunch BlackBerry's cash bleed, he will turn the company from a short seller's delight into a takeover target.

Smartphone to replace the bank teller?

A smartphone user checks their bank account with an online banking app from CIBC in this 2011 file photo. Smartphones are set to be the next big thing in consumer banking, holding the promise of everything from fewer trips to the local bank branch or ATM to the convenience of tap-and-go payments at retail outlets. But a number of hurdles still need to be overcome. Many expect there will be an even bigger jump in usage if the banks, merchants and telecom companies can figure out a better way for customers to make purchases with their smartphones by tapping a retail terminal at the counter. THE CANADIAN PRESS

Never rat on your friends?

CRA's offshore tax snitch hotline a hit

The Canada Revenue Agency has 80 new leads on taxpayers who may be hiding money offshore after getting hundreds of calls on its new snitch line.

The flush of information has even the agency's harshest critics acknowledging the initial success of the hotline, established Jan. 15 to help ferret out billions of dollars stashed overseas.

The so-called OTIP line — for Offshore Tax Informant Program — was promised in the March 2013 budget but took 10 months to set up.

As of May 31, more than 800 people rang the number, drawn by a cash reward system that gives the tipster up to 15 per cent of the amount that the agency eventually collects in taxes. THE CANADIAN PRESS

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MY OWN PRIVATE ORGAWORLD

URBAN COMPASS

Steve Collins
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I sometimes think I need a personal auditor general — and perhaps some other staff around the house the AG could blame on my behalf when domestic finances go horribly off-track.

Last week, the rotten details finally came out regarding the city's 20-year, $140-million contract with Orgaworld to process our green-bin waste, which has cost taxpayers some $8 million in money-for-nothing overcharges and $1.7 million in legal expenses so far. My household bills aren't a pimple on these figures, but on the same day AG Ken Hughes released his report, we got another eye-popping invoice from our Internet-service provider, the sort where you exceed the usage cap and the company writes itself an absurd bonus cheque, like a water company that charges you a dime a drop. (If these companies wonder why their customers are reluctant to authorize direct withdrawals, surprise cash grabs like this are probably reason No. 1.)

In his report, Hughes puts the blame squarely on city staff for badly overestimating how much organic waste residents could produce annually for processing (80,000-100,000 tonnes, rather than 21,000 -57,000). We ended up dinged for unused capacity, effectively paying Orgaworld extra millions to not process waste. Hughes also identified a pattern of sloppy analysis and decision-making without much documentation to explain any of it.

Mayor Jim Watson, taking his self-exculpatory cue from the report, was conscientious in noting that the whole fiasco had gone down on the watch of a previous council. City manager Kent Kirkpatrick apologized for not getting involved with the file, because if he had there would have been more due diligence.

Back on the home front, the most galling part of following up with the company was that they instantly pinned the blame on us. We should, the call centre drone informed us, have been monitoring our usage online. We received notice three days before the end of the billing period that we'd hit the cap.

Somehow, over the next 72 hours, our monthly bill doubled. But the buck stopped with us. What I heard from the polite and indifferent voice on the other end of the phone was, roughly translated, "You should never have trusted us in the first place."

The city is a much bigger, deeper-pocketed customer than I am and has since cleaned Orgaworld's clock in an arbitration process that mitigated some of the worst aspects of the contract and delayed the release of the AG's report. Hughes is recommending that the city now cancel the contract (eating another $10 million or so in the process) to get free of its terms. Negotiations were less successful here. The company offered to cut the overcharge in half if we agreed to yet another upsell, a more expensive package that would certainly prevent this from happening again — just like the last upsell was supposed to.

Our conclusion, however, was similar to Hughes': get ripped off once more for old times' sake, pay what it costs to get out of this abusive relationship and try to sign up with another provider on less-larcenous terms. It's taken several miserable experiences, but lessons eventually sink in. Maybe we can be our own AG after all.

WE ACT: CANADA DOES GOOD

'Lots of littles make a big' for volunteer

Each month, we profile a Canadian who's up to a whole lot of good. Here's one we'd like you to meet:

Who: Michelle Gabrielle, dedicated volunteer

Where: Halifax, N.S.

What: Every month, Gabrielle chooses a charity, asks for their wish list and then passes the list around to her family, friends and co-workers. In this year alone, she has collected donations for Out of the Cold, an orphanage in the Dominican Republic, My Best Friend's Closet, Hand in Hand, Phoenix House and Family SOS. She also finds time to volunteer at the St. George's Soup Kitchen on a weekly basis and donated clothing and toys this past holiday season. She even gave away the boots off her feet.

Why did you start volunteering? "My mom would knit mitts if she had the extra yarn — which wasn't very often — for our equally poor neighbours. She taught me to remember what we came from, and I hope that I never lose that."

What do you like about volunteering at the soup kitchen? "I get first-hand access to helping people, which is wicked because they tell me what they need. They'll say, 'I need boots or shoes, I need a raincoat or I need a place to live.' It's a first-hand connection."

Volunteer Michelle Gabrielle has a special talent for making wishes come true. CONTRIBUTED

Persistence

"I could do this forever. I don't want to be the person that *used* to do nice things."

Michelle Gabrielle, Halifax-area do-gooder, on what keeps her going

What inspires you to keep going? "I could do this forever. I don't want to be the person that *used* to do nice things — I want to be the person who's going to go out and do them no matter what life brings."

What advice would you give to people who want to follow your example? "If you keep it simple, it'll grow. Lots of littles make a big."

CRAIG AND MARC KIELBURGER

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MetroTube

Plants have 'feelings' too

ANDREW FIFIELD
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From the We Guess Nothing Likes To Be Eaten file, researchers at the University of Missouri have determined that some plants can hear when animals are munching on them and will go on the defensive.

The team has released a video report on how they came to figure out the defensive techniques of flora, so you too can get intimate with the terrifying sound of a hungry caterpillar.
(MU News Bureau/Vimeo)

SCREENGRAB

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Ebooks

Atlas Shrugged in an Amplified Edition

By. Ayn Rand

iPad

MIND THE APP
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Beautifully presented, this enhanced study guide edition of Rand's industrial thriller expands on its underlying philosophy with notes, quotations, videos, interviews, a biography, and a timeline. It's helpful in understanding the book's theories on capitalism and altruism, but neglects to explore its colourful characters and captivating battles. Whether you buy into Rand's beliefs or not, it's still an entertaining novel.

Apes franchise

Monkey business boosts box office

Dawn of the Planet of the Apes thumped its chest with a $73 million opening weekend. According to studio estimates Sunday, Fox's Planet of the Apes sequel rode excellent reviews and high anticipation to become one of the summer's best debuts. It easily surpassed the $54.8 million opening to 2011's Rise of the Planet of the Apes, the reboot of the 1970s chimp franchise. The big opening helped give the summer box office a shot in the arm, but it wasn't enough to stop an overall downward trend. The weekend's box office was down nearly 24 per cent from the corresponding weekend last year. THE CANADIAN PRESS

Dawn of the Planet of the Apes. CONTRIBUTED

Better Call Saul shows Breaking Bad world before Walter White

Spinoff prequel. Bob Odenkirk plays slippery lawyer Saul Goodman

Vince Gilligan is feeling the weight of expectations. How do you follow a monster hit like Breaking Bad?

The spinoff show Better Call Saul is a prequel to the Emmy-Award winning series and stars Bob Odenkirk, who plays everyone's favourite greasy lawyer Saul Goodman. Asked whether revisiting the same world he created posed new challenges, Gilligan acknowledged it was daunting.

"It's always daunting," he said, adding that it would also be a challenge if it were a completely new show and a whole new universe.

"The chips will fall where they may," he said. "But anything worth doing is worth taking the risk of abject humiliating failure over."

Gilligan was speaking at a television critics conference in Los Angeles to promote the upcoming fall season.

Gilligan said he wanted to do a prequel because he was still intrigued by the slippery Saul character. He said other beloved characters, such as meth distributor Gus Fring (played by Giancarlo Esposito) could be back as well.

"We're figuring out just how, if and when to perhaps see some of these characters," says Gilligan.

Meanwhile, the prequel will be set in 2002, before Saul meets Walter White, who is played by Bryan Cranston.

"We never completely nailed down when Breaking Bad took place," says Gilligan. "We tried hard on Breaking Bad if you noticed, not to be too specific as to when it was, but now we have to kind of be a little more specific than sometimes we're comfortable with. But I think we're about in the year 2002."

Michael McKean (This is Spinal Tap) joins the cast along with Michael Mando (Orphan Black) and Jonathan Banks from Breaking Bad as the fixer Mike Erhmantraut.

Like Breaking Bad, the show is shot in Albuquerque, N.M. The first episode was directed by Gilligan.

TORSTAR NEWS SERVICE

On revisiting same world

"Anything worth doing is worth taking the risk of abject humiliating failure over."

Writer Vince Gilligan

Bob Odenkirk as Saul Goodman in Better Call Saul. CONTRIBUTED

Better Call Saul exec producer/writer Vince Gilligan. FREDERICK M. BROWN/GETTY IMAGES

AUGMENTED REALITY

→ What can fans expect from Better Call Saul? Scan this photo with your Metro News app to hear what Vince Gilligan has to say.

metro AR

→ See the full instructions on Metro's Voices page.

Coming in 2015

The show was originally slotted for November, but has now been delayed until 2015 for the 10-episode first season.

- The reason? Gilligan told television critics he is "slow-as-mud as a TV writer. I always have been."
- Thankfully, AMC and Sony allowed Gilligan to write Better Call Saul at a "stately" pace.
- "We want to think everything through and I think that pays dividends," says Gilligan.

Noel Clarke

Noel Clarke shoots for the stars

Former Doctor Who co-star Noel Clarke has his sights set on the Star Wars franchise next, and personally he likes his odds of landing a role, according to the Belfast Telegraph. "I know that they've got three main films happening over the next five or six years, and they have one spinoff film in between each one, so I've got five chances to get in one — that's all I'm concerned about," says Clarke, who worked with new Star Wars director J.J. Abrams on Star Trek Into Darkness previously. "I want to be in one at some point, and so if I can do that, I'll be happy. I'll be a granddad by that time, but if I can get in one, I'll be chuffed."

Orange fans seeing red over satire site's faux report

Don't worry, Orange is the New Black fans: Your favourite show about women in prison hasn't actually been cancelled. A site that's apparently supposed to specialize in satire called Empire News posted a story over the weekend that Netflix had cancelled the Emmy-nominated series, which just completed filming its third season. Naturally, fans online freaked out, because that's what going online is for. I guess everyone was supposed to know it was a hoax because of this patently ridiculous quote at the end of the article attributed to Netflix CEO Reed Hastings: "A woman's place is in the home, in the kitchen, taking care of children. A woman in jail? How does anyone watch this show in the first place?" That's ... just not good, even as satire. Hey, Empire News? You're doing it wrong.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Katie Holmes is a lover of literature

STARGAZING
Malene Arpe
scene@metronews.ca

Nick Cannon may be playing Richard Pryor in an upcoming biopic. That's an excellent choice. It will make a great double-bill with Ryan Seacrest's expected gritty turn as Lenny Bruce.

BBC publishes a public plea for people not to share the contents and secrets of five Doctor Who scripts leaked to the web. That was the well-considered thing to do, because without that plea I wouldn't have known to go look for those scripts.

Katie Holmes says that the favourite books of her childhood were J.D. Salinger's Franny and Zooey and The Catcher in the Rye and Somerset Maugham's Of Human Bondage as well as all Maya Angelou's work. However, when she turned eight, she put aside childish things and spent a day or two reading Ulysses.

This week in cats 1) Andrew Lloyd Webber is reviving Cats again, this time with Rum Tum Tugger as a "rapping street cat." 2) Ke$ha says "I've always wanted to have a cult; I think I could be a pretty good cult leader, basically. I'm sorry, I do. So I'm going to start a cult and people can be in it if they like to be cats or play with cats or play with cat toys." 3) Katy Perry's new perfume ad features her as an avenging warrior spritzing an evil emperor with her new fragrance, Killer Queen's Royal Revolution, until he turns into a kitten.

Zac Efron and Michelle Rodriguez are photographed making out and Joe Manganiello and Sofia Vergara are dating. Finally, finally something goes right for attractive people.

Sharon Stone

No butts about it, Sharon Stone is one feisty lady

Sharon Stone is a national treasure, if for no other reason than how she talks about her butt. The stunning 56-year-old recently told E! News that even though she's in great shape, going on vacation has her feeling nervous about her body. "I haven't worked out in a couple of months because I just didn't feel like it. But now I'm going on vacation and I know what they're going to do. (The tabloids) are going to put a circle around my ass and do one of those crazy magnified pictures saying, 'What happened to her ass? It's a bag of cheese,'" she laments. "I would just like to say it's a fine triple crème brie! Right when they zoom in I should have a tattoo on my ass that says, 'You wish you could get a bite of this.'"

Twitter

@MarlonWayans
Truth be told I'd rather work than party.

@katyperry
I love pita chips!

@mindykaling
If my body looked that good I would not be that embarrassed of my sex tape

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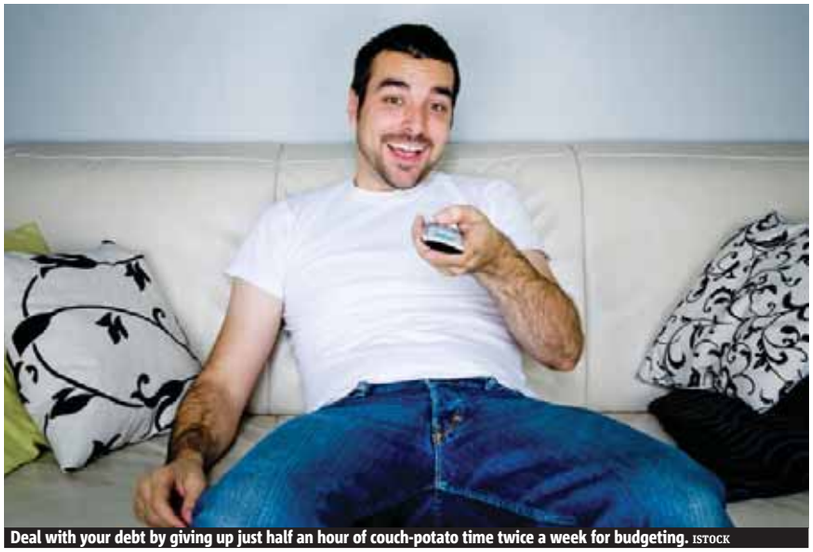
That calls for a Carlsberg
PLEASE DRINK RESPONSIBLY.

LIFE 3

Poor excuses for staying in debt

Bad with money?
There are no good reasons for not getting yourself out of debt

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com



Deal with your debt by giving up just half an hour of couch-potato time twice a week for budgeting. ISTOCK

Every time I think I've heard it all, someone pops up with a new way to excuse the fact that their money management is in the crapper. Here are some of my faves:

We got a consolidation loan and paid off our credit cards, so we're doing better.
Really, you paid off your debt with other debt? That's not paid off, my little chickadee — that's delusional.

Consolidation makes sense when you reduce your interest costs and then work aggressively to repay the debt. But if you're sitting back smugly because you've reduced your payments so you have more money to spend on rubbish, I want to reach out and slap you.

Consolidating using a mortgage is one of the more time-honoured ways of making debt more expensive over the long term. Lots of people consolidate using the equity in their homes. Then they pretend that everything is OK, because now it's "mortgage debt" and that's good debt, isn't it? Hey, tell the truth. It's still consumer credit; it's just been shuffled to somewhere you don't have to look at it. And believe me, it's costing you.

I worked with one couple who re-mortgaged their home three times to cover their uncontrolled overspending. Over the life of their mortgage, they had increased their interest costs from about $150,000 to almost $600,000.

Sure it's a lot of debt, but hey, everybody's in debt, so what's the big deal?
And if everyone were running screaming off the side of a cliff, you'd do that, too, right?

There's no question that debt has become so commonplace that it seems like everyone's in it. And if you grew up in a family that had it all, including the debt, you may think this is "normal." I worked with one couple that was so comfortable with their debt that they had never made a mortgage payment from cash flow. Every single mortgage payment had come from their line of credit.

If debt seems like a normal state of being for you, it means you have to change your thinking. Debt is not normal for someone who is financially healthy. You can make the choice to remain delusional, or you can choose financial stability. The old way may be more fun, at least in the short term, but the new way will keep you and your family safe and sound.

I don't have time to budget.
Really, your most important resource and you don't have the time to manage it? Could it be that your priorities are a little skewed?

On average we spend about three hours every day watching TV. So you only need to reallocate a measly half-hour twice a week to money management to go from being a financial slug to smart about your money.

Close in hand with this goes, "You have to have money to make a budget work." One young lady wrote me to say that her parents had recommended she use a budget and her response was, "You have to have money to make a budget work, right Gail?" Believe it or not, she was asking *me* to tell her a budget was pointless. Really?

Sadly, people don't think that all that dough they bring in that goes to paying the rent or buying food is "money." For them, only the stuff they can spend indulging their whims is "money." And so they don't make a budget and look for ways to trim. Or perhaps it is because if they made a budget, they would discover just how much money they were blowing every month on stuff, and would have to change their behaviour. Lord forbid!

My partner is the problem.
I've met couples where one person is the major culprit in acquiring debt. The other person stands meekly by as Mr. or Mrs. I-have-to-have-everything charges them into a debt whole. They shrug and claim to have no ability to change their partner's behaviour. Here's my big question: Is this the way you're going to live the rest of your life, walking a tightrope, waiting for the axe to fall? And if you have children, do you think this is creating any sense of security for them?

For as many couples that I've met where one partner claims the other is the problem, I've met couples where they are both, in their own inimitable way, doing dumb things. One husband claimed his wife was the problem because she went shopping every day at work during lunch, bringing home items that she'd hide from him. He saw nothing wrong with dropping $10K on a new motorbike. That's a lot of skirts, dude!

If you're still making excuses about why you're *in* debt, maybe it's because you're not yet committed to getting *out* of debt. Some people aren't. They haven't heard the whistle blow that tells them the train is headed straight for 'em.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Here's to not drinking to your health

Giving up even casual drinking could literally do your heart good. ISTOCK

A glass or two of booze is good for your heart, according to long-standing medical advice drinkers are fond of citing.

But, according to a study published last week, this cherished invitation to say "cheers" is well off the mark.

Reducing even light consumption of alcohol will not only improve your chances against coronary heart disease, but also help you lose weight and ease high blood pressure, it said.

Writing in the British Medical Journal, researchers carried out a survey of 50 published studies into the drinking habits and health of more than 260,000 people of European descent.

New study

"Even if you're a light drinker, reducing your alcohol consumption could be beneficial for your heart."
Juan Casas, the professor who led the study

They looked especially at those with a key variant of a gene called ADH1B. Previous research has found that a single change in the DNA code in this gene makes people less sensitive to drink, and thus less at risk from alcoholism.

The study discovered that individuals with the variant drank 17 per cent fewer units of alcohol per week and were 78 per cent less likely to binge-drink than those without it.

They also had a 10 per cent lower risk of coronary heart disease and enjoyed lower systolic blood pressure and body mass index (BMI).

Independent commentators said the study is interesting, not least because it challenges what is now almost dogma. But, they cautioned, the debate is far from over. AFP

Ginger-hoisin dressing, Napa cabbage and steak create Asian-influenced dish

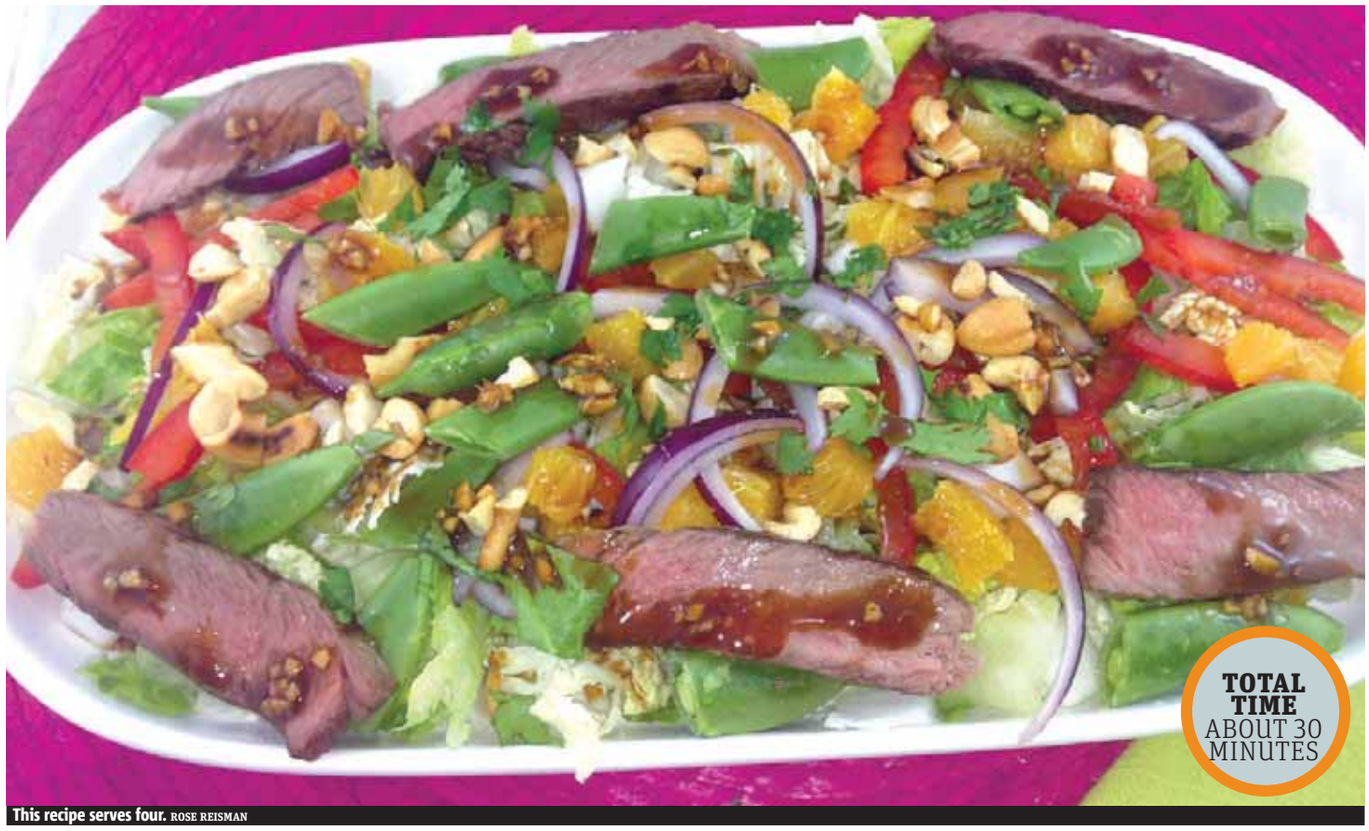
Salad Spotlight.
Who wants to eat a heavy meal during the summer? This week, Metro lightens it up with great options like this Thai Beef Salad

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

Here's a great way to have your steak and eat it, too!



This recipe serves four. ROSE REISMAN

Ingredients

- 4 oz New York strip steak
- 3 cups chopped napa cabbage
- 3 cups chopped romaine lettuce
- 1 cup sliced red bell peppers
- 1 cup sugar snap peas, cut in half
- 3/4 cup diced orange segments
- 1/3 cup sliced red onion
- 3 tbsp chopped cilantro
- 3 tbsp chopped toasted cashews

Dressing

- 2 tbsp hoisin sauce
- 1 tbsp fresh lemon juice
- 2 tbsp low-sodium soy sauce
- 1 1/2 tsp minced garlic
- 1 tsp chopped ginger
- 1 1/2 tsp honey
- 1/2 tsp hot sauce

Lean meat is an excellent source of protein and is low in fat and saturated fat. The key to eating red meat is to enjoy it as a side to a meal rather than the main course.

The leanest meats include top sirloin, flank, New York sirloin and beef tenderloin.

You want to minimize the fatty steaks including rib-eye, porterhouse and skirt steak.

This Asian-flavored salad combines Napa cabbage and romaine, along with sweet orange segments, sugar snap peas and toasted cashews.

The tasty light dressing has a base of a ginger-hoisin sauce that complements the salad beautifully.

If your guests love steak, you can easily double the portion since two ounces is acceptable in terms of calories and fat. Feel free to substitute grilled chicken breast, pork, shrimps or tofu for the beef.

Directions

1. Grill the steak just until cooked to your preference. Cool for 10 minutes, then slice thinly.

2. On a large serving platter, add the cabbage, lettuce, bell peppers, peas, orange segments, onion, cilantro, cashews and steak slices.

3. To make the dressing: Combine the hoisin, lemon juice, soy sauce, garlic, ginger, honey and hot sauce and pour over top.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional information

Per serving: 210 calories; 27. 1 carbohydrates; 6.5 fibre; 11.6 g protein; 6.6 g total fat; 2.2 g saturated fat; 21 mg cholesterol; 433 mg sodium

This isn't your granny's coleslaw

If you want a variation on typical coleslaw, this is an outstanding alternative.

Cabbage, mango and a light peanut dressing are perfect for any time of year.

Be sure to choose a ripe mango, which will be sweeter and more tender.

Light coconut milk saves you half the calories and two-thirds the fat compared to regular coconut milk.

Ingredients

Salad

- 3 1/2 cups thinly sliced green cabbage
- 1/2 large ripe mango, thinly sliced
- 1/2 cup grated carrots
- 1/4 cup thinly sliced red onion
- 1 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced water chestnuts
- 1 tsp sesame seeds
- 3 tbsp chopped cilantro

Dressing

- 1/4 cup light coconut milk
- 2 tbsp almond or peanut butter
- 1 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 2 tsp sesame oil
- 1 tsp honey
- 1 tsp crushed garlic
- 1 tsp crushed ginger
- 1 tsp minced jalapeño peppers or Sriracha

1. To make the salad: Combine the cabbage, mango, carrots, onion, bell peppers, water chestnuts, sesame seeds and cilantro in a large serving bowl.

2. To make the dressing: In a small food processor, purée the coconut milk, peanut butter, soy sauce, vinegar, sesame oil, honey, garlic, ginger and jalapeño until smooth. Pour over the salad.

ROSE REISMAN

This recipe serves six. ROSE REISMAN

'Round the world wisdom

Facing adversity? Why we quit

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

Every day, someone we know quits their job, quits on their health, quits a marriage, or quits on themselves. It is an epidemic. In my experience of multi-day desert running events, while 20 to 40 per cent of athletes do not finish, once athletes pass their "hump days" they almost never quit. But when is hump day? In many ways, be it in a race or in life, *when* hump day occurs is arbitrary; we decide when it is. However, the quitting pattern is obvious.

Our "quitting quotient" — the likelihood we will give up on or abandon a project — is determined mainly by our mental relationship with what lies ahead. If the task feels insurmountable, our level of fighting spirit and motivation sinks. "I can't do another day — the worst has yet to come" are words I heard many times in the desert. Yet, at the same time, I heard just the opposite from other runners in the same situation: "I've passed hump day — the worst is behind me." The motivation levels of this second group of runners soared. Statistically, in a five-day desert race, where athletes run a marathon on each of the first four days and a double marathon on the fifth, most of the quitting occurs after days one and two, rarely after day three, and never after day four — although the next day is the most physically punishing. By then, quitting is no longer an option as we see "light at the end of the tunnel."

Sometimes you hit your "quitting quotient" earlier than expected. ISTOCK

Of course, life hands us many things that we are better off quitting if we perceive better and healthier opportunities elsewhere. What the lesson is for all of us, however, when grinding through a rough patch in life or in the desert, is to adopt an "I will do this" mindset as opposed to hoping to get passed the elusive hump day.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

A job hunting guide for new grads

LAKSHMI GANDHI
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Now that graduation has come and gone, it's time for the Class of 2014 to jump-start the job search. It can be hard for new grads to figure out how best to sell themselves when their work experiences consist of part-time positions and internships.

Caroline Ghosn is here to help. As the founder and CEO of Levo, an organization that mentors young women entering the workforce, she's often asked for tips and advice. Here are her suggestions for recent grads.

Show your resumé over and over again

"The biggest mistake new grads make is that they don't get a second set of eyes to look at their resumé," says Ghosn. She suggests finding three or four trusted friends or colleagues to review your resumé and make suggestions.

"That sounds like a lot," Ghosn admits, "but your resumé is only going to change for the better. You look at your resumé over and over, and you start to miss things. The third or fourth editor will really help you tighten it up."

Tell a story

Don't worry if you think your resumé is a little light on experience. "It's all about how to tell the story and making the story about your transferable skills," says Ghosn. "You have to figure out how you can connect the dots. Let's say you were the social chair of a student organization or a fraternity or sorority. Your skills would be managing timelines, budgets and logistics." And don't discount retail or food services positions. "I've never learned more about stakeholder management than when I was a waitress," Ghosn notes. "You learn how to approach people who want you to fix their problems immediately."

Be passionate

Don't worry if you appear a bit nervous at your first few interviews. "What interviewers are looking for is not someone that is stoic and cool as a cucumber," says Ghosn. "Interviewers are looking for passion, not perfection."

An interview wardrobe must-have

Ghosn says every new grad should have a good blazer in the closet to complete an appropriate business look. "It makes a casual outfit instantly more professional," she says.

Don't be intimidated

"You have everything you need as a young grad to succeed. You are coming into this new world as a digital native and possess skills that other people are learning now," Ghosn says. "Focus on the things you have to offer."

You've graduated! Now grab those resumés and get out there. ISTOCK

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Spending smart: Tips for new grads

Money. Learning how to budget is imperative for graduates who are out on their own

ZAHRA AHMED
life@metronews.ca

You've managed to make it through college, but there are more responsibilities ahead in your independent adult life, especially financial ones.

Andrea Woroch, a money expert and frequent contributor for The Today Show, breaks down the dos and don'ts for college grads who are just stepping out into the real world.

Don't rip through all those cash-filled envelopes you get after graduating.

According to Woroch there are several ways to invest graduation money. If you have a job already, use the money to buy appropriate work attire.

If you're still on the job hunt, make sure you have all the materials you need for an interview, such as an interview outfit and the basics like a resumé and cover letter.

If you already have a job lined up, use the money to pay off a chunk of student loans or credit card debt. It also never hurts to have a backup emergency fund. Establish rules about borrowing money from your parents.

Communication is key. Woroch says to establish that you're actively hunting for a job from the get-go. Be open about your expenses, such as rent or transportation, so your parents know you're not just blowing money on unnecessary things. If you're still living at home, learn how to budget.

"Parents can be really great guides in terms of helping you save money," says Woroch. "I know someone whose mother charged him rent while living at home towards college. It might have been around $300 — not a huge amount — but enough for him to realize that he had to stretch his dollars."

And keep track of your expenses so you can see where all your money goes. A free online money tracking system, such as mint.com, lets you see all your financial accounts in one place. The website uses easy-on-the-eyes pie charts and graphs to show where your money is going every month. Decide which expenses are most important.

Almost everyone needs to have Internet and a cellphone for access to emails, job opportunities and basic communication. What recent college graduates don't need these days is cable service.

"Cut down on TV," says Woroch, who recommends streaming TV shows and movies online. Also, you can save on a cellphone bill if you get a plan with your friends. Consider joining a credit union.

"Credit unions are like a bank, but they are (non-profit) organizations, which means that the money they make goes back to the members," says Woroch. Credit unions have no hidden fees (usually lower if any), offer cheaper rates and higher interest on your savings account than banks. They can also offer lower interest rates on mortgage. "It's a smart place for young college graduates to invest their money and keep it secure, especially considering they may have financial struggles."

Don't just accept — negotiate. When applying for positions, do your research to find out what a fair wage is in that job. Always try to negotiate your salary if there's a possibility.

But Woroch advises not to just "look at the money, but at what the position is. Look at your future opportunities with that company." Your best bet is to find an entry-level position at a company that offers upward mobility.

Don't just buy what you're used to. Woroch says that one trap recent grads fall into at the grocery store is just grabbing the brands they know and putting them in their cart. When you can, buy the generic option instead of the name-brand one. It will save you money at checkout.

Easy money tips

- Cut down on the electricity bill by unplugging appliances or electronics you're not using. As long as a plug is still in a socket, it's still sucking energy.
- When it comes to buying furniture, save money by looking into things that are used but in good condition.
- Shop smart and avoid buying dry-clean only clothes, as cleaning costs can add up over time.

You don't want to blow all your money before you even remove your graduation gown. ISTOCK

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Germany reigns over Messi's World Cup

Fourth title. Tense final clinched on a majestic Mario Goetze volley in extra time

With two quick and sublimely deft touches, Mario Goetze ended Germany's 24-year wait for another World Cup title.

Goetze scored the winning goal in extra time to give Germany a 1-0 victory over Argentina on Sunday in a tight and tense World Cup final that came down to a few moments of individual skill.

Goetze, who wasn't born when West Germany beat Argentina in the 1990 final, controlled a cross with his chest in the 113th minute and in one fluid motion volleyed the ball past goalkeeper Sergio Romero and inside the far post from five metres out.

It was a goal that gave Germany its fourth World Cup title in its eighth final and left Argentine star Lionel Messi still walking in the shadow of his compatriot Diego Maradona, who led his country to the 1986 title.

Goetze went on as a substitute for Miroslav Klose toward the end of regulation time and the 22-year-old midfielder's fresh legs made the difference.

Andre Schuerrle broke down the left flank, sending his cross into the area, and the Bayern Munich player did the rest with a clinical finish. The goal echoed that of Andres Iniesta's four years ago, when the midfielder scored in similar fashion but from the other side of the area to give Spain a 1-0 extra-time win over the Netherlands.

Germany's Mario Goetze volleys it into Argentina's net past goalkeeper Sergio Romero in extra time in the final of the World Cup at the Maracana Stadium in Rio de Janeiro, Brazil, Sunday. NATACHA PISARENKO/THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan the image with your Metro News app for more images from the World Cup's grand finale in Rio de Janeiro.

→ See the full instructions on Metro's Voices page.

"It's incredible. The team did it beautifully," said Manuel Neuer, who was voted the tournament's best goalkeeper. "At some point we'll stop celebrating but we'll still wake up with a smile."

For Germany, the win ends a string of near misses since winning its last major title at the 1996 European Championship. The team lost the 2002 World Cup final to Brazil and lost in the semifinals in both 2006 and 2010.

Argentina had not been back in the final since that 1990 loss and has now been beaten by Germany in the last three World Cups.

"This was our chance, and we felt that way. We couldn't do it. We have to lift our head and suffer the pain," Argentina midfielder Javier Mascherano said. "Obviously, the pain is tremendous. We wanted the cup for Argentina."

It is Germany's first title as a unified nation, having won as West Germany in 1954, 1974 and 1990. It was also the third final between these countries and had been billed as a matchup between Germany's machine-like unit versus the brilliance of Messi, the four-time world player of the year. But in the biggest game of his career, Messi came up short.

THE ASSOCIATED PRESS

Baseball

Price keeps the Jays at bay

All-star David Price scattered five hits in eight-plus innings to win his fourth consecutive start and the Tampa Bay Rays beat the Toronto Blue Jays 3-0 on Sunday.

R.A. Dickey (7-9) took the loss, which is the eighth in 10 games for the Blue Jays. Toronto has not won a road series against Tampa Bay since April 2007, a span of 22 series. THE ASSOCIATED PRESS

NBA

Anthony snubs free-agency

Carmelo Anthony is staying in New York, announcing his decision Sunday in a post titled "My City, My Heart" on his website.

The Knicks can pay the all-star forward nearly $130 million over five years, but Anthony said he'd be open to taking less to help rebuild the team.

"In the end, I am a New York Knick at heart," he wrote. THE ASSOCIATED PRESS

CFL

Redblacks lose their second

Adarius Bowman reeled in three touchdown passes as the Edmonton Eskimos came away with a 27-11 victory over the expansion Ottawa Redblacks on Friday.

The Redblacks are still searching for their first win this season, sitting at 0-2 since the CFL returned to Ottawa.

The Redblacks have their first home game next Friday against Toronto.

THE CANADIAN PRESS

ARCHANGEL
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FINALLY, after so many years I can say I'm happy again. So many years, my life was all problems or ailments, something was always wrong. Tired, I heard about you and visited you and you showed me the bad energy that had been in me for so long and was transferred to my kids, and that was the reason of my misfortunes. Thanks!
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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Resist the urge to make value judgments about others. We all have different fates and you cannot know what is right for someone else. The only behaviour you should be concerned with is your own.

♉ Taurus
April 21 - May 21
Act quickly if someone offers something you desire. It's OK to be cautious, but if you wait too long the opportunity could be offered to someone else.

♊ Gemini
May 22 - June 21
If you need to do something that is going to take a lot of physical energy, now is the time. Also, don't wait to be offered something you are in a position to take for yourself.

♋ Cancer
June 22 - July 23
You know that everything will turn out for the best but it may be hard to convince the logical side of your mind. The way to overcome fear is through faith.

♌ Leo
July 24 - Aug. 23
The more others say you should be disciplined, the more you will go out of your way to rebel. There is no logical reason you should follow the rules just because others say you must.

♍ Virgo
Aug. 24 - Sept. 23
You may be apprehensive about the changes now taking place but if you go with the flow, nothing bad will happen.

♎ Libra
Sept. 24 - Oct. 23
You will be assertive and adventurous over the next 24 hours and that's good. Employers and other important people will be impressed by your can-do attitude.

♏ Scorpio
Oct. 24 - Nov. 22
Your imaginative powers will be strong today but that will only be good if you have a positive attitude. If you allow the unknown to scare you, over the next 24 hours you will be sent scurrying for cover.

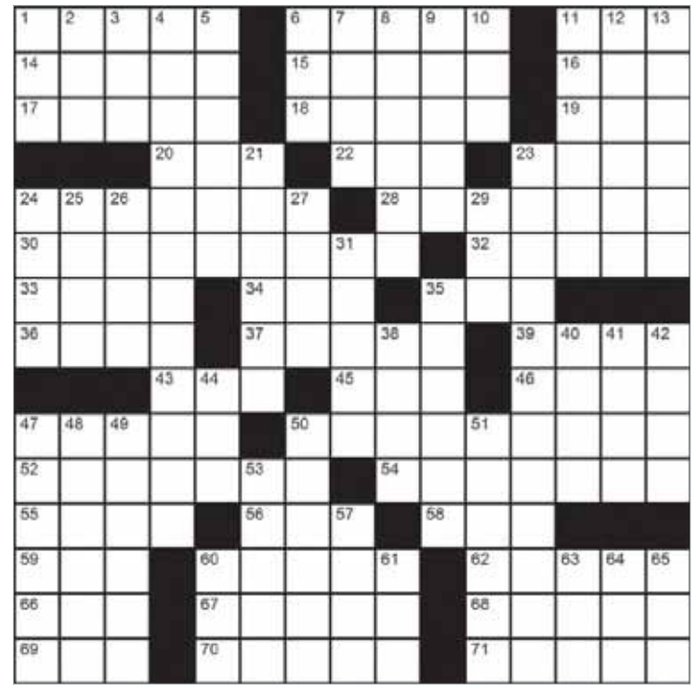
♐ Sagittarius
Nov. 23 - Dec. 21
The planets encourage you to be inventive and if you are able to respond you will create something that will be praised.

♑ Capricorn
Dec. 22 - Jan. 20
Look for ways to turn new developments to your advantage. If you can do that, this should be an amazingly productive time for you.

♒ Aquarius
Jan. 21 - Feb. 19
You don't usually let your passions get the better of you but they will today. You won't care what others think about what you do or say. That is, you won't care today. Tomorrow you may be embarrassed!

♓ Pisces
Feb. 20 - March 20
If you respect others they will respect you. If you say or do things that others find offensive you can expect backlash.

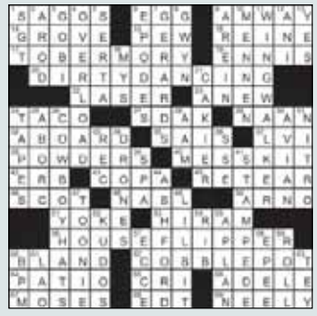
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Heroic poems
6. "It just doesn't __ __..." (Detective's observation)
11. Blue Bombers, on scoreboards
14. Circus card
15. Canada's Environment Minister, Ms. Aglukkaq
16. ISP, e.g.
17. Dare Maple Leaf __ Cookies
18. Boris __, Montreal-born conductor
19. Wheat: French
20. Chosen __
22. Nero's 1501
23. British band, __ Shaker
24. __ paint
28. Canadian jazz group, __ Au Quartet
30. Ontario... Starring role in current Shaw Festival play The Philadelphia Story: 2 wds.
32. __ __ Own Write (John Lennon book)
33. Mr. Young
34. "Sprechen __ Deutsch?"
35. Li'l diagram
36. 'Wine'-meaning prefix
37. Basketball great Shaquille
39. Chunk
43. Container
45. Litigate
46. Actress Diane
47. Heinz Canada brand, __-Getti
50. Egg-free mayo brand
52. Quandary
54. On-the-wall lights
55. Podium
56. Eyeball
58. Said a li'l 'hello' like Rocky
59. '_' __ for London
60. Perform off-the-cuff
62. Jennifer or Meg
66. Tee-predecessor
67. Labatt-like
68. Playing cards guy
69. Date
70. __ River, Nunavut
71. Writer Ms. Christie, to pals

Down
1. And so on [abbr.]
2. Golf standard
3. U2's home, for short
4. What people often change into after work: 2 wds.
5. __-eyed gaze
6. Religious robe
7. Skin-care products suffix
8. Thingamabob
9. Johnny Mathis hit bit: "...__ the twelfth of never..."
10. Ms. Benatar
11. Labrador City's twin town
12. Hoi __ (Common people)
13. Gradually gathers
21. Volleyball Tom Hanks befriends in "Cast Away" (2000)
23. __ __ Historical Settlement (Where the 1800s are recreated in New Brunswick)
24. __ time (Never): 2 wds.
25. First Nation of Manitoba
26. Umbrella reason
27. Quarter, for one
29. Gladiator's 52
31. Della of "Touched by an Angel"
35. Fabric softener brand
38. Jul.'s followers
40. Secular
41. L'__ aux Meadows
42. Wax workers?
44. Beatles: "_ __ the Walrus"
47. Muddles
48. Arbitrate
49. Crinkly fabric
50. Group of Seven member, Frederick __ (b.1881 - d.1969)
51. __ Sound, BC
53. Example
57. Chirping creature
60. "When Smokey Sings" band
61. TTFN
63. Jet __ (Traveller's woe)
64. Gladiator's 56
65. "__-haw!"

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8	5				2			
			6				7	5
1		3	4	5				9
	4		2	9				
				1	4		2	
2				7	5	4		6
7	3				9			
			8				1	3

Friday's Sudoku

1	5	8	7	6	9	3	4	2
3	4	6	2	1	5	8	7	9
2	9	7	4	8	3	5	6	1
8	1	2	9	4	6	7	5	3
5	6	3	8	7	2	9	1	4
4	7	9	5	3	1	2	8	6
9	2	4	6	5	7	1	3	8
7	8	1	3	9	4	6	2	5
6	3	5	1	2	8	4	9	7

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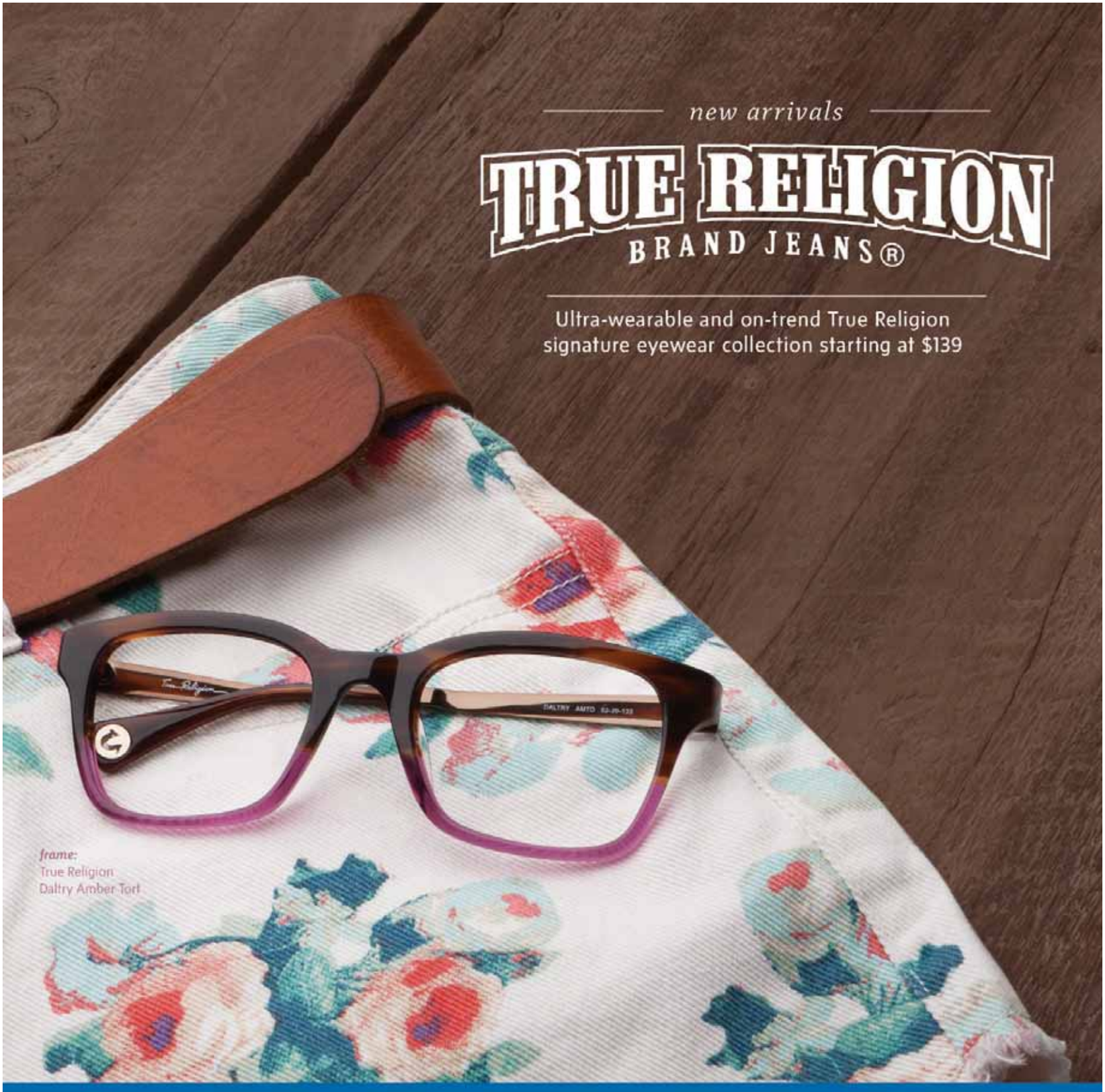
IN PLAY FOR A LIMITED TIME WHEREVER BEER IS SOLD.
@CARLSBERGCANADA
That calls for a Carlsberg
PLEASE DRINK RESPONSIBLY.



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